



Dear Parents / Carers



YOGA CLUB

THURSDAY YOGA CLUB : SUMMER TERM 2022

We are pleased to tell you that we will be continuing to offer a Yoga Club after school on Thursdays in the summer term (subject to sufficient numbers). The club is led by Catherine Canham, an experienced, certified yoga instructor and will be open to all children. The 40 minutes sessions will teach classic yoga techniques including downdog, frog, spider, warrior and airplane! – as well as breathing techniques to help manage emotions and instil calm.

Yoga helps to build self-confidence, body awareness and flexibility, and regular posture practice leads to improved focus and concentration – all essential tools for children. Classes are fun, lively and also provide time for relaxation, mindfulness practice and meditation.

Term dates: w/c 25 April – w/c 11 July 2022 (excl half term Thursday 2 June) - 11 weeks

Sessions will take place after school in the hall from 3.15 – 4pm and the cost will be £7 per session. N.B. If your child attended in Spring Term please deduct the cost of the missed sessions from the total amount to pay.

Places are limited so please complete the attached form and **return to the school office** as soon as possible. Payment by bank transfer is preferred or by cheque payable to “Mrs C. Canham” please.

Email: catcanham@gmail.com

Tel: 07779 575484 facebook.com/Cardioyoga.co.uk

AFTER SCHOOL THURSDAY YOGA CLUB

I would like my child _____ to attend Yoga Club on Thursdays 3.15-4pm.

- I enclose a cheque for £77.00 for 11 sessions (cheques payable to: *Mrs C. Canham*)
 - I have paid £77 online to Catherine Canham
- Sort code: 40-02-00 A/c: 78670684 Ref: your child’s surname date: _____

Please state any important medical information relating to your child, eg Asthma.

Emergency contact no: _____ Email: _____

My child will be collected regularly by: _____ and I will notify the class teacher of any changes to this arrangement.

Signed _____ Date: _____

E mail: _____